No Milk Needed Now!

You can save the price of milk when you make pancakes from Aunt Jemima's Pancake Flour.

Because the Milk is already mixed in it-in powdered form together with all the other needed ingredients.

Now. Aunt Jemima's Parkakes-the crisptender-golden brown kind-are easier to make and cost less to serve than ever before.

All you have to do is add enough cold water to make the batter of the right consistency and then it is ready for the griddle. In a minute a heaping plate of piping hot, light, delicious pancakes, is ready for the table.

Try Aunt Jemima's Pancake Flour. Serve this delightful dish for breakfast tomorrow. Hear what your family says. See what you save in money, time



"Made in a minute—the milk's mixed in it"

Diet and Exercise Course For Women to Reduce In Weight and Figure

Fifth Lesson Describes a New Mat Exercise Which Is Effective in Reducing the Thighs and Can Be Performed Even by the Very Obese-Diet Menus Are Given for To-Day.



MAT EXERCISE FOR REDUCING HIPS, ILLUSTRATED.

LESSON NO. 5. In a course of twenty-four daily lessons Miss Furlong is presenting to Evening World readers the system of diet and exercise which she recently employed in reducing the weight of a 210-pound woman twenty-three pounds in four weeks. Back numbers of these lessons

may be obtained by sending a 2-cent stamp to Miss Furlong for each lesson desired. Readers following the course are invited to correspond with Miss Furlong, who will reply through the columns of The Evening World.

By Pauline Furlong.

The new exercise which I am illustrating to-day is another for the eduction of the lower parts of the body and may be practised with case by the very obese. This new movement is effective in the reduction of the thighs, as it brings these muscles directly into

play. In fact all exercises which cause the leg to swing out to the side, from the thighs are advisable for those who wish to bring about a reduction in this region only. If the exercises are taken on the floor, instead of on the bed it is advisable to practise them in a warm room and on a soft rug, to prevent cold from draughts under the doors. Do not perform the exercises until you are fatigued, as these milder ones for beginners are only given to help limber up the dormant muscles, and are not really intended to bring the body to a point of perapiration,

s the more advanced ones will be.

TO-DAY'S EXERCISE. level with the left knee. Now raise to the original and starting position the right foot and leg and place the Repent the exercise about six times

Ide flat on the floor, hands at sides do so. The right foot should reach and legs stretched straight out, as illus- as far out to the left side as is postrated. Draw the right leg up, bending it sible for you to reach without strain. at the knee and sliding the sole of the Now bring the right foot back, opfoot along the floor until it is on a posite the left knee, and then return of the right foot flat on the floor, with each leg, thoroughly relaxing the

This habit of relaxing is as much a part of the exercise as the movement itself. To practise this important exercise properly it is well to make four counts with each leg as you move it—that is, first position, legs out straight, now count one and slide the foot up; two, lift it over to the left side; three, back to the right side, and four, down to starting position.

TO-DAY'S MENUS.

Luncheon—Raked apple, boiled

fect on the system in general, clear—in general in general, clear—in general, clear—in general, clear—in general in general, clear—in general in general, clear—in general in general, clear—in general in gene

Luncheon—Baked apple, bottled eggs, toast, tea or coffee without sugar or cream. Dinner—Baked or broiled fish (a delictous dressing for baked fish may be made from giuten bread, and take the place of potatoes), sauerkraut, boiled onlons and asparagus salad with boiled dressing. Any stewed or raw fruit may be caten as dessert, if desired.

Letters From Readers Who Are Following the Course.

HEALTH AND REDUCTION AIDS.

While the vichy and kissengen saits aid in the reduction of superfluous flesh, by their gentle action on the fat glands, they are not really a necessity and may be omitted by those to whom they are disagreeable to take. The hot lemon water is important, however, and has a good ef-

NFANT MORTALIT is something frightful. We can hardly realize that of all the children bors in civilized countries, twenty-two per cents, or nearly one-quarter, the before they reach one year; thirty-event per cents, or more than one-third, before they are five, and one-half save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of Castoria contains more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria, sauses the blood to circulate properly, opens the pores of the skin and allays fever.

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